

**AMENDMENTS TO THE CLAIMS**

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This listing of claims will replace all prior versions, and listing, of claims in the application.

**Listing of Claims:**

Please cancel claims 1-17 and enter the following new claims.

18 (New). A sports device comprising an elongated body, the elongated body comprising at least two handles, wherein the handles are configured to respectively accommodate hands and/or feet, and wherein the elongated body can be elastically flexed from a longitudinal direction.

19 (New). The sports device according to claim 18, wherein the elongated body is structured and arranged in the form of a swimming float.

20 (New). The sports device according to claim 19, wherein the elongated body comprises a material generating buoyancy in water.

21 (New). The sports device according to claim 20, characterized in that the material generating buoyancy is a closed-cell foam.

22 (New). The sports device according to claim 18, wherein the elongated body has a resting position and, in said resting position, comprises a shape of a cylinder.

23 (New). The sports device according to claim 18, wherein the elongated body has a resting position and, in said resting position, comprises a shape, a cross-section of which in at least a main portion along the length of the body has the form of a circle, a half circle, a rectangle, a square, a polygon, a rhombus, a kite-form or a trapezoid.

24 (New). The sports device according to claim 18, the elongated body further comprising an end that is planar or rounded.

25 (New). The sports device according to claim 18, the elongated body further comprising a surface having a signal color.

26 (New). The sports device according to claim 18, wherein the handles are attached separately to the elongated body.

27 (New). The sports device according to claim 18, the elongated body further comprising respective body ends and having borings, wherein the handles are attached close to the respective body ends by means of said borings.

28 (New). The sports device according to claim 27, further comprising tube elements respectively inserted through the body in the borings.

29 (New). The sports device according to claim 18, wherein each handle is formed independently by a hoop and/or a loop.

30 (New). The sports device according to claim 29, wherein the hoop and/or loop comprise a cushioning made of soft material, which are at least partially enclosed the hoop and/or loop.

31 (New). The sports device according to claim 18, wherein the handles each comprise a stretchable element comprising an elastically stretchable material, which is attached to the elongated body.

32 (New). The sports device according to claim 18, the elongated body further comprising a shape that is structured and arranged such that the elongated body can be grasped or held, both in a resting position and in an operating position, by means of

a hand of a person via a first handle and by means of a foot of the person via a second handle.

33 (New). The sports device according to claim 18, the elongated body further comprising a length and a width, wherein in a resting position the elongated body is about 2 to 15 cm in width and about 40 to 150 cm in length.

34 (New). An assembly comprising a sports device according to claim 1 and at least one standing holder, into which the elongated body is inserted.